

### Participation survey

If you're wanting to establish a cooks' network in your local area, we strongly recommend you conduct an initial participation survey to identify needs/wants. Including this stage in your planning will help you to achieve the following critical first steps:

- Identify exactly who you wish to engage
- Establish initial rapport with your local LDCs
- Demonstrate your willingness to listen to and address the needs of your audience
- Identify the most efficient communication channels for each organisation
- Maximise potential engagement and participation rates

### Recommended questions

The following questions are recommended to include in your survey. This will help you determine the logistics of your cooks network, such as the days, times, frequency and format that best suits the group, as well as what topics the group would like to learn more about within the network sessions. Identifying the key needs/want of your audience will also help you promote the network to other potential members.

#### Key Tip

Don't forget to provide some background information about your planned cooks network.

1. What would you most like to get out of attending a cooks network?
2. What would encourage you to attend a cooks network? (select all that apply)
  - a. Professional development
  - b. Certificate of attendance
  - c. Guest speakers
  - d. Rewards and prizes
  - e. Recipe ideas
  - f. Other, please specify \_\_\_\_\_
3. What makes it difficult for you to attend a cooks network?

4. What topics would you like to learn more about in a cooks network? (select all that apply)
  - a. Menu planning guidelines
  - b. FoodChecker
  - c. Managing fussy eating
  - d. Menu planning for allergies, intolerances, and dietary preferences
  - e. Recipe ideas
  - f. Menu planning for babies
  - g. Other, please specify \_\_\_\_\_
  
5. What else should we include in a network session?
  
6. What day of the week could you attend a cooks network sessions? (select all that apply)
  - a. Monday
  - b. Tuesday
  - c. Wednesday
  - d. Thursday
  - e. Friday
  
7. What time of day could you attend?
  - a. 2:00-3:30pm
  - b. 2:30-4pm
  - c. 3:00-4:30pm
  - d. Other, please specify \_\_\_\_\_
  
8. How often would you like to attend?
  - a. Every second month
  - b. Once per school term
  - c. Twice per year
  - d. Once per year
  - e. Other, please specify \_\_\_\_\_
  
9. What format\* would work best for you?
  - a. Online only
  - b. In-person (recommended)
  - c. Hybrid (both online or in-person available)

*\*We understand that online may be easier to juggle with work and other responsibilities, however existing cooks' networks show that in-person sessions allow for greater networking, communication, engagement and problem-solving for participants. Where possible, we encourage you to choose in-person sessions for a richer experience.*

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